



Prepare: Before Your Session

- ❖ **Complete your forms ahead of time** and email them to bewell@arneclinic.com, or arrive **15 minutes early** to complete them at the clinic.
 - ❖ **Come well hydrated** and continue drinking plenty of water after your session.
 - ❖ **Arrive with clean, dry skin**, free of lotions, oils, or makeup.
 - ❖ **Wear whatever makes you comfortable.** No clothing is required while in the red light bed. If you prefer to wear undergarments, we recommend **light-colored, breathable fabrics** for comfort.
 - ❖ Because we reserve over an hour specifically for your appointment, **we require at least 24 hours' notice for cancellations or scheduling changes.**
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What To Expect: During Your Session

- ❖ **We'll begin with a bio-impedance analysis (BIA)** to establish your baseline and provide insight into key body composition and wellness markers.
 - ❖ **Relax for 20 minutes in our full-body LED bed** while receiving therapeutic red and near-infrared light.
 - ❖ **Meet with Dr. Arne for your Report of Findings consultation.** He'll review your BIA results with you, discuss your health and wellness goals, and provide personalized recommendations based on your individual findings.
 - ❖ **Finish with a 10-minute vibration plate session** to support movement and circulation.
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Aftercare: Post-Session

- ❖ **Hydrate:** Continue drinking water throughout the day.
- ❖ **Resume normal activity:** You can generally return to your usual daily activities, including exercise.
- ❖ **Listen to your body:** Red light therapy is non-invasive and typically requires no downtime.
- ❖ **Stay consistent:** Benefits of photobiomodulation may build with a consistent treatment schedule.
- ❖ **Support your progress:** Continue healthy nutrition, movement, hydration, and sleep habits.